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Health Canada Santé Canada

Food Safety ... on the RUN

If you eat on the run or purchase ready-to-serve foods,
you depend on others to handle food safely.

To protect yourself against the risk of food poisoning,
consider these fast facts on food safety.

When grabbing a bite that's right, it's better to be safe than sorry!

Packing a safe bite

Store your lunch in a cool
place until mealtime; if
refrigeration is not available,
consider the next two tips.

Use insulated containers or
freeze water in used 35mm
canisters or other leak-
proof containers to keep
foods cold.

Pack a small can of juice
that has been frozen overnight
to both chill your lunch and
provide a part of the meal.

Wash fresh fruit and
vegetables well before packing.

Buying a safe bite

■ Make sure "hot foods" are
 piping hot and "cold foods" are
 refrigerator cold when bought
 from vending machines or
 food outlets.

■ Check the "Best before..."
 date on products such as milk,
 yogurt and cheese, to ensure
 freshness.

■ Select wholesome-looking
 foods; those with mould,
 discolouration, a musty or
 abnormal smell shouldn't be
 purchased or eaten.

■ Consider the general
 appearance of food outlets;
 dirty utensils, messy tables,
 unkempt uniforms, etc., can be
 signs of poor food handling
 practices.

■ Check to see whether a
 sneeze-guard panel is used at
 the service counter of
 cafeterias and salad bars to
 protect foods from floating
 germs.

Eating a safe bite

■ Wipe lids of canned fruit
 juices, puddings and soups if
 you are going to consume
 contents directly from cans.

■ Avoid eating or even tasting
 foods from cans that are badly
 dented, bulging or leaking as
 well as those which, when
 opened, appear bubbly or
 spurt out their contents.

■ Send back ground meat,
 poultry and pork if they are
 not well cooked.

■ Wash your hands thoroughly
 before eating and

*...enjoy
your bite!*



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Packing a safe bite

- Store your lunch in a cool area until mealtime; if refrigeration is not available, consider the next two tips.
- Use insulated containers or freeze water in used 35mm film canisters or other leak-proof containers to keep lunches cold.
- Pack a small can of juice that has been frozen overnight to both chill your lunch and become a part of the meal.
- Wash fresh fruit and vegetables well before packing.

Buying a safe bite

- Make sure "hot foods" are piping hot and "cold foods" are refrigerator cold when bought from vending machines or food outlets.
- Check the "Best before..." date on products such as milk, yogurt and cheese, to ensure freshness.
- Select wholesome-looking foods; those with mould, discolouration, a musty or abnormal smell shouldn't be purchased or eaten.
- Consider the general appearance of food outlets; dirty utensils, messy tables, unkempt uniforms, etc., can be signs of poor food handling practices.
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Mangez... sur le pouce... en toute sécurité!

Quand vous mangez sur le pouce ou que vous achetez des aliments prêts à servir, votre sécurité est entre les mains des autres.

Afin de vous protéger contre le risque de toxi-infection alimentaire, veuillez considérer ces quelques points importants.

On peut bien manger même sur le pouce, mais il vaut mieux prévenir que guérir.

Pour emballer un goûter en toute sécurité

■ Conservez votre goûter dans un endroit frais jusqu'à l'heure du repas; si vous ne pouvez pas le réfrigérer, considérez les deux suggestions suivantes.

■ Utilisez des contenants isolants ou congelez de l'eau dans des cartouches pour film 35mm ou autres contenants étanches pour garder le goûter froid.

■ Ajoutez à votre goûter une petite boîte de jus de fruits congelé pour refroidir vos aliments, et en même temps, servir de boisson lors du repas.

■ Lavez bien les fruits et les légumes frais avant de les emballer.

Pour acheter un goûter en toute sécurité

■ Assurez-vous que les aliments chauds sont bien chauds et les aliments froids bien froids, à la distributrice ou au casse-croûte.

■ Vérifiez la date de fraîcheur «meilleur avant...» sur les produits tels que le lait, le yogourt et le fromage.

■ Choisissez des aliments à l'aspect sain; évitez d'acheter ceux qui sont décolorés, moisies, ou qui ont une odeur de moisi.

■ Observez l'aspect général des lieux : des ustensiles, des tables et des uniformes d'une propreté douteuse sont des indices de négligence dans la manipulation des aliments.

■ Au comptoir de service et au comptoir des salades, vérifiez la présence d'un dispositif pour protéger les aliments des bactéries en suspension.

Pour déguster un goûter en toute sécurité

■ Lavez le couvercle des boîtes de jus de fruits, de pouding et de soupe si vous mangez directement dans celles-ci.

■ Évitez de manger ou même de goûter des aliments provenant de boîtes qui sont bosselées, gonflées ou qui coulent, et dont le contenu fait des bulles ou jaillit lorsqu'on les ouvre.

■ Refusez la viande hachée, la volaille et le porc s'ils ne sont pas bien cuits, par exemple la viande dans les hamburgers ne devrait pas être rose.

■ Lavez-vous soigneusement les mains avant de manger et

*...bon
appétit!*



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